

## Cooking Matters

**Cooking Matters** teaches participants healthy food skills to help them gain the knowledge and confidence they need to enrich their families with nutritious and wallet-friendly meals. **Cooking Matters** teaches participants about:

- Selecting nutritious foods
- Preparing healthy food
- Choosing budget-friendly ingredients that are necessary to prepare healthy meals for their families



For Veterans and their Families June 1-July 6, 2018

Call (810) 985-2007 to Register

Registration ends JUNE 8, 2018

[www.msue.msu.edu](http://www.msue.msu.edu)

